LANDMARK STUDY reveals a few simple tweaks to diet CUT DIABETES RISK by ONE THIRD

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Millions of Americans eat junk science food daily that's loaded with high fructose corn syrup, seed oils, and artificial ingredients. They also consume pesticide-laden conventional produce and hormone-laden meat. All of this leads to leaky gut syndrome, obesity, cancer, and wait for it… diabetes. What to do?

A Mediterranean diet has long been considered a gold standard for healthy eating, but new research shows that combining it with calorie control, exercise, and professional support can dramatically reduce the risk of developing type 2 diabetes (T2D). The groundbreaking PREDIMED-Plus study published August 25, 2025, in the *Annals of Internal Medicine*, found that older adults who followed this combined approach lowered their risk of T2D by 31% compared with those who followed the Mediterranean diet alone.

- **31% Lower Diabetes Risk:** Older adults who combined a Mediterranean diet with calorie restriction, moderate exercise, and professional support reduced their risk of developing type 2 diabetes by nearly a third compared with diet alone.

- **Largest Lifestyle Trial in Europe:** The six-year PREDIMED-Plus study followed 4,746 overweight or obese adults aged 55–75, making it the largest nutrition and lifestyle randomized clinical trial ever conducted in Europe.

- **Meaningful Weight & Waist Reduction:** Participants in the intervention group lost an average of 3.3 kg and reduced their waist size by 3.6 cm — far greater improvements than those in the control group.

- **Public Health Blueprint:** Researchers say these modest, practical lifestyle changes could prevent millions of diabetes cases worldwide, offering a scalable, evidence-based strategy for reducing global T2D rates.

Mediterranean Diet Plus Lifestyle Changes Slash Diabetes Risk by 31%, Major Study Finds

The trial, the largest nutrition and lifestyle randomized clinical trial in Europe, followed 4,746 participants across Spain for six years, offering one of the highest levels of evidence yet for diabetes prevention through lifestyle intervention.

Participants were between 55 and 75 years old, overweight or obese, and had metabolic syndrome but were free of diabetes at the start of the trial. Researchers split them into two groups:

- **Intervention group**: Followed a calorie-restricted Mediterranean diet (about 600 fewer calories per day), engaged in moderate physical activity such as brisk walking and strength or balance exercises, and received professional weight loss support.

- **Control group**: Followed a Mediterranean diet without calorie restriction, exercise guidance, or additional support.

After six years, those in the intervention group not only had a 31% lower risk of developing type 2 diabetes but also lost more weight and reduced waist size significantly. On average, they lost 3.3 kilograms and reduced their waist circumference by 3.6 centimeters, compared to just 0.6 kilograms and 0.3 centimeters in the control group.

“In practical terms, adding calorie control and physical activity to the Mediterranean diet prevented around three out of every 100 people from developing diabetes — a clear, measurable benefit for public health,” said Miguel Martínez-González, professor at the University of Navarra and adjunct professor of nutrition at Harvard Chan School.

Frank Hu, Fredrick J. Stare Professor of Nutrition and Epidemiology at Harvard, emphasized the global implications: “We’re facing a global epidemic of diabetes. With the highest-level evidence, our study shows that modest, sustained changes in diet and lifestyle could prevent millions of cases of this disease worldwide.”

The Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats (particularly olive oil), with moderate dairy and lean proteins and minimal red meat, has previously been linked to improved insulin sensitivity, reduced inflammation, and cardiovascular protection. The new findings strengthen the case for pairing it with other lifestyle measures for even greater benefit.

The study was funded by the European Research Council, the Spanish National Institute of Health, the Biomedical Research Networking Centre (CIBER), and the U.S. National Institute of Diabetes and Digestive and Kidney Diseases.

Taken together, the results provide compelling evidence that simple, practical lifestyle adjustments — especially when implemented together — can yield significant reductions in diabetes risk, reinforcing the importance of integrated nutrition and exercise strategies in public health policy and clinical care.

Tune your internet dial to NaturalMedicine.news for more tips on how to use natural remedies for preventative medicine and for healing, instead of succumbing to Big Pharma products that cause, spread, and exacerbate disease and disorder.

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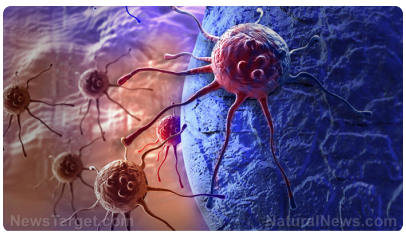

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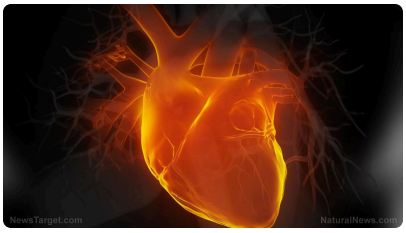

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